

SUN PROTECTION POLICY

Introduction

Our sun protection policy is developed with the whole school community in mind. Our policy incorporates the following elements which are key to safety in the sun:

PROTECTION: providing an environment that enables students and staff to stay safe in the sun.

EDUCATION: learning about sun safety to increase knowledge and influence behaviour.

COLLABORATION: working with parents, and the wider community to reinforce awareness about sun safety and promote a healthy school.

Our school policy is revised and updated every two years. By monitoring and evaluating our policy on an on-going basis we will ensure that we make effective changes in the future.

All staff are aware of the importance of sun protection. Parents are informed of the importance of sun protection via information/letters sent home. When the sun is strong, we will encourage students to sit in the shade where it is available.

Timetabling

Where possible we will aim to schedule outside activities including sports activities, school trips and PE lessons before 12noon and after 2pm. If this is unavoidable, hats, clothing and sunscreen should be worn to avoid sunburn and heat exhaustion.

Clothing

Students should bring a hat/cap to wear when outside. When participating in PE, light clothing should be worn (e.g. a loose fitting t-shirt). Students will be regularly reminded and encouraged to remove excess clothing layers as appropriate, especially sweatshirts. However, smart uniform i.e. white shirt / polo shirt / T-shirt should be worn at all times.

Teaching and support staff will wear suitable clothing to reinforce role modelling

Water/Refreshments

Students should ensure that they bring a refillable water bottle to school with them daily. This can be re-filled in the water coolers located throughout school.

Sunscreen

Students are encouraged to apply at least factor SPF 20 sunscreen in school and will be reminded to do so by teachers before lunch break. An indoor space will be made available for those students who do not wish to go outside during break times in very hot weather. Sunscreen will be encouraged on trips and staff will be provided with extra sunscreen in case students forget their own. There is a school stock of sunscreen for students who forget/cannot afford their own. Sunscreen bottles should be labelled where possible.

Sun Protection Risk Assessment and Control Measures

The following control measures are to be put in place when temperatures rise above 22 degrees Celsius, or where there is a risk that children will be affected by heat fatigue.

Risk Factor	Control Measures
Indoor high temperatures	<p>Stop sun/heat entering the room by:</p> <ul style="list-style-type: none"> • Keep lights off where possible • Moving workstation away from direct sunlight • Curtailing heat-generating activities e.g., use of computers, screens etc • Opening external windows and doors early in the morning to allow built up heat to escape, and for cooler fresh air to circulate • Keeping windows ajar to allow fresh air circulation throughout the day, unless temperature outdoors is hotter than inside
Lack of air movement	<p>Improve air movement by:</p> <ul style="list-style-type: none"> • Ensuring windows can be opened (with restrictors as required) • Ensuring windows are open (unless outdoor temperature is hotter than indoors) • Providing fans as appropriate
Hot classrooms	<p>Improve physical conditions by:</p> <ul style="list-style-type: none"> • Relocating classes to cooler areas wherever possible • Working outside in shaded areas if risk assessment allow • Rotating use of hot rooms if they must be used
Strenuous task or activity	<p>Amend the task being undertaken by:</p> <ul style="list-style-type: none"> • Avoiding strenuous activities or amending the task • Regularly reminding children to drink cool water to avoid dehydration • Restricting the length of time people are exposed to hot conditions • Arranging for extra breaks to let people cool down
Employee or pupil has a medical condition or vulnerable	<p>Protect the individual by:</p> <ul style="list-style-type: none"> • Providing regular drinking water in classrooms • Providing extra surveillance for those with medical conditions • Regularly checking on children's well-being
Lack of awareness on how to respond to high temperatures	<p>Improve staff and pupil awareness by:</p> <ul style="list-style-type: none"> • Informing staff of signs and symptoms of heat stress and treatment, hot weather plan procedures etc. • Informing pupils of what they should do to guard against heat stroke and sunburn (e.g. plenty of fluids, keep in shade, apply sunscreen, wear a hat if outdoors, wear light clothing etc.)

Outdoor Hazards

Risk Factor	Control Measure
Lack of shade	Reduce sun exposure by: <ul style="list-style-type: none">• Use shady areas where available (these may change throughout the day due to sun movement)
Strenuous tasks or activities	Reduce risk by: <ul style="list-style-type: none">• Restrict activities outside between 11am-3pm• Reduce strenuous activities or carry out at cooler times• Arranging extra breaks to allow people to cool down• Regularly reminding children to drink cool water to avoid dehydration• Reminding children to wear loose fitting clothing and to remove excess layers of clothing
Dehydration/sunburn/sunstroke	Reduce risks by: <ul style="list-style-type: none">• Providing access to drinking water• Ensuring individuals wear wide-brimmed sun hats• Encouraging loose clothing and removal of excess layers (especially sweatshirts, hoodies etc.)
Lack of awareness of sun safety	Improve awareness by: <ul style="list-style-type: none">• Incorporate sun protection into curriculum• Promote sun protection to pupils in assemblies, tutor times etc• Inform parents of the importance of sun protection• Ensure staff are briefed on signs of heat stroke, sun burn and heat exhaustion – and know how to respond appropriately